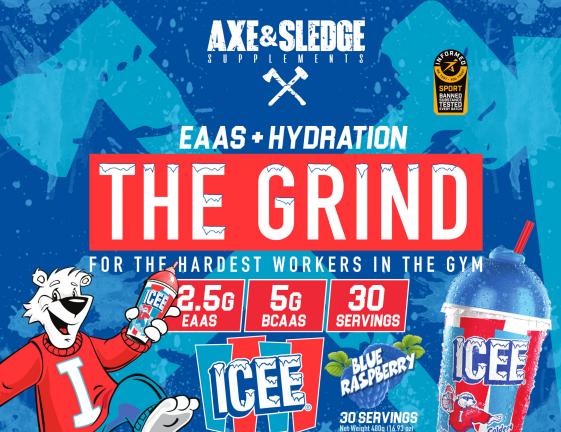
ABOUT THE GRIND

THE GRIND is our EAAs/BCAAs + Hydration formula. This Essential Amino Acid and Branch Chain Amino Acid matrix will help you recover and stay hydrated through those intense training days. THE GRIND is perfect for refueling your body post cardio or training. Our flavor profiles combined with the highest quality ingredients will have you recovering faster, all while enjoying the taste! This product will leave your muscles feeling round, full and hydrated all day long.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose. treat, cure, or prevent any disease.

Manufactured specifically for Axe & Sledge Supplements 1909 New Texas Road, Pittsburgh, PA 15239 (888) 944-6612 | www.axeandsledge.com





SUGGESTED USE

SCOOP INTO 10-12 OZ OF COLD WATER, YOUR POST-WORKOUT PROTEIN SHAKE OR ANY BEVERAGE OF YOUR CHOICE, IDEAL TO USE DURING AND POST WORKOUT, CAFFEINE FREE - USE ANY TIME OF DAY OR NIGHT. FOR BEST RESULTS. WE RECOMMEND 2 SERVINGS PER DAY.

Supplement Facts Serving Size: One scoop (16g)

Servings Per Container: 30

Amount Per Serving	%DV
20 mg	2%
10 mg	3%
16 mg	1%
60 mg	2%
2,500 MG	
750 mg 750 mg 500 mg 250 mg 250 mg	***
5,000 MG	
2,500 mg 1,250 mg 1,250 mg	**
5,500 MG	
2,500 mg 1,000 mg 1,000 mg 1,000 mg	**
	20 mg 10 mg 16 mg 60 mg 8.500 M6 750 mg 500 mg 250 mg 500 mg 250 mg 1,250 mg 1,250 mg 1,250 mg 1,250 mg 1,250 mg 1,250 mg 1,000 mg 1,000 mg

Daily value (DV) not established

Other Ingredients: Citric Acid, Natural Flavors, Silicon Dioxide,

WARNING: Consult with a physician prior to use if you have a medical condition. Don't use if pregnant or lactating. KEEP CONTAINER TIGHTLY CLOSED IN A COOL, DRY AND DARK PLACE.

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